

Soul Food

 linedancemag.com/soul-food/

Choregraphie par : Silvia Schill (DE)

Description : 32 temps, 4 murs, Débutant, Août 2021

Musique : Soul Food – Keith Urban

The dance begins after 48 beats with ‘Every Night That I’ve Been 2’. Update 15.08.2021 – no restarts, no tags

Rock side, shuffle across r + l

- 1-2 Step right with right – weight back on LF
- 3&4 Cross RF far over left – small step left with left and cross RF far over left
- 5-6 Step left with left – weight back on RF
- 7&8 Cross LF far over right – small step right with right and cross LF far over right

Side, behind, ¼ turn r/chassé forward, step, pivot ½ r, shuffle forward

- 1-2 Step right with right – cross LF behind right (bend knees a little)
- 3&4 ¼ turn right around and step forward with right – move LF next to right and step forward with right (3 o’clock)
- 5-6 Step forward with left – ½ turn right around on both balls, weight at the end right (9 o’clock)
- 7&8 Step forward with left – move RF next to left and step forward with left

Rocking chair, step, pivot ½ l 2x

- 1-2 Step forward with right – weight back on LF
- 3-4 Step back with right – weight back on LF
- 5-6 Step forward with right – ½ turn left around on both balls, weight at the end left (3 o’clock)
- 7-8 As 5-6 (9 o’clock)

Jazz box with cross, side, touch/snap r + l

- 1-2 Cross RF over left – step back with left
- 3-4 Step left with left – cross RF over left
- 5-6 Step right with right – touch LF next to right/snap
- 7-8 Step left with left – touch RF next to left/snap

Repeat to the end

(24)